

ABSTRACT:

COHORT STUDY OF THE CHARACTERISTICS, COURSE AND OUTCOME OF MANIC EPISODES

BACK GROUND: Mapping the course of bipolar disorder systematically from onset is a critical research challenge⁷. Studies have shown changes in the course of illness with repeated episodes and change in responsiveness to subsequent therapeutic interventions⁷ in bipolar disorder. Studies suggest that the response to therapy in BPAD is a disease dependent factor⁸. Prediction of illness course early in bipolar disorder is required to guide treatment planning⁶. Identification of factors contributing to differential outcomes and subtyping the disorder has led to advances in the treatment of bipolar disorder. It helps psychiatrists in initiating treatment strategies most likely to be effective and to predict response to therapy⁹.

AIMS:

To study the characteristics of people suffering from manic episode, the course of the illness in the current available treatment scenario and analyze the factors associated with differential outcomes.

OBJECTIVES:

- To study the baseline socio demographic and illness characteristics of the patients suffering from mania.

- To study the time required for attaining remission of symptoms

with treatment in inpatient and outpatient setting.

- To calculate SOFAS score at 6 months as a indicator of functional outcome

- To classify outcome as good or bad based on SOFAS score and time to

remission (Short or long) and analyze the predictive factors associated with good or bad outcomes.

MATERIALS AND METHODS:

It is a longitudinal cohort study done in Government Kilpauk medical college. A total of 84 patients attending the Department of Psychiatry , diagnosed as having a manic episode according to DSM-5 criteria , started on treatment by the consultant, are notified to the investigator. Patient fulfilling the inclusion criteria and are willing to give an informed consent and willing for regular follow up will be selected for the study. Socio demographic proforma , illness characteristics, current episode characteristics and interepisodic treatment details are obtained from patients by a questionnaire. YMRS and BPRS scores are obtained. Family support is assessed with Mac Masters Family assessment device. Stressors are assessed with PSLES scale.

YMRS scale administered every week (third day in hospitalized patients) until score becomes less than 4 (remission). After YMRS score becomes 4, Patient is assessed once in 2 weeks with YMRS scores for two months period.

If YMRS is <4 for two months, it is considered that the patient has remitted and patient will be followed up monthly thereafter for a period of 6 months. At the end of 6 months, the regaining of functionality is assessed (occupational, social) by SOFAS scale.

RESULTS: 84 patients were available for calculation of time to remission and 83 were available for calculating SOFAS score at 6 months.

The mean time taken for remission was 91.79 days (SD 40.2 days). The time taken for remission was influenced by the age at onset(0.044) , number of previous episodes(0.026) , alcohol use in current episode(0.007) and type of previous episode(0.012).

The patients with a later age of onset of the disease, greater number of previous episodes, alcohol use in current episode and previous depressive episode showed a longer time to remission.

The mean SOFAS score at 6 months was 74.37 (SD 14.45). The Occupational and social was significantly decreased with increasing age ($p=0.00$), longer duration of illness($p=0.00$) , greater number of previous episodes($p= 0.001$), longer time taken for remission in current episode($r= -0.259$, $p=0.018$) , positive family history of

mental illness(0.016), presence of alcohol use disorder independent of the episode (0.003).

CONCLUSION:

The mean time taken for remission in the current treatment scenario is 91.79 days.

The time taken for remission is affected by age of onset of the disease, number of previous episodes, alcohol use in current episode and previous depressive episode .

The mean SOFAS score at 6 months was 74.37. The functioning at 6 months is affected by age , duration of illness , number of previous episode, time taken for remission in current episode, family history of mental illness, presence of alcohol use disorder.

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KEY WORDS: Mania, Bipolar affective disorder, Time taken for remission, Functioning in interepisodic period, Functioning post remission